



PROGRAM : NATIONAL DIPLOMA
SOMATOLOGY

SUBJECT : NUTRITION I

CODE : SNU11-1

DATE : FINAL THEORY EXAM
17 NOVEMBER 2017

DURATION : 180 MINUTES
08H30 – 11H30

WEIGHT : 50:50

TOTAL MARKS : 130

EXAMINER : MS L. BERRIMAN

MODERATOR : MRS N. MATHENJWA

NUMBER OF PAGES : 4

INSTRUCTIONS TO CANDIDATES:

PLEASE ANSWER ALL THE QUESTIONS.
USE THE MARK ALLOCATION AS AN INDICATION AS TO HOW MUCH
INFORMATION YOU MUST PROVIDE.

GOOD LUCK!

QUESTION 1

- 1.1 According to the Nutrition Labeling and Education Act, all food labels must contain certain information. Identify this essential information and provide an explanation where applicable. (6)
- 1.2 State the amount of calories found in the following:
- 1.2.1 1 gram of fat (1)
 - 1.2.2 1 gram of protein (1)
 - 1.2.3 1 gram of carbohydrates (1)
- 1.3 Explain the requirements that must be met before using the following claims in food labeling:
- 1.3.1 fat free (2)
 - 1.3.2 low fat (1)
 - 1.3.3 cholesterol free (2)
 - 1.3.4 low calorie (1)
 - 1.3.5 extra lean (3)
 - 1.3.6 low sodium (1)
 - 1.3.7 high fiber (1)
 - 1.3.8 sugar free (1)

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QUESTION 2

- 2.1 Highlight and discuss the factors that cause a variation in the food requirements of an individual. (14)
- 2.2 List three (3) internal factors that influence the intake of food. (3)
- 2.3 Explain the following external factors that influence the intake of food, provide examples where applicable.
- 2.3.1 Religious influences (10)
 - 2.3.2 Geographical influences (5)
 - 2.3.3 Psychological influences (5)

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QUESTION 3

Draw a food pyramid including the correct names of the food in each group and include the number of serving per group. (12)

[12]

QUESTION 4

Provide definitions for the following terms:

- 4.1 Nutrients (5)
- 4.2 Nutritional status (2)
- 4.3 Health (3)
- 4.4 Food (2)
- 4.5 Diet (1)

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QUESTION 5

Mr Kunene is an accountant; he would like to be more health conscious and is eager to learn more about dietary nutrients and leading a healthier lifestyle.

- 5.1. Briefly discuss the output of water. (6)
- 5.2. Identify and discuss the two (2) disorders associated with water imbalance. (8)
- 5.3. Discuss carbohydrate digestion. (10)
- 5.4. Clarify the benefits of including carbohydrates in the diet and provide Mr Kunene with two (2) examples of carbohydrates. (6)
- 5.5. Provide four (4) functions of Vitamin A. (4)
- 5.6. Identify two (2) sources of Vitamin E (2)

- 5.7. List two (2) deficiency symptoms associated with a lack of vitamin C. (2)
- 5.8. Identify three (3) sources of Vitamin D. (3)
- 5.9. List the six (6) classes that nutrients are classified under. (6)

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